

Meet our Special Guests!

Ski for Heart 2019 Honourary Chair, John Morris

John Morris, nicknamed “Johnny Mo”, is a two-time Olympic Gold medalist in curling. He and Kaitlyn Lawes made history at the 2018 Winter Olympics in PyeongChang by becoming the first-ever Mixed Doubles Champions, and he also won Gold at the Vancouver Olympics in 2010 with the men’s team.

John comes from a curling family – he started in the game at the tender age of 6 in his hometown of Ottawa. In 2003 John moved to Alberta; he now calls Canmore home and curls at the WInsport facility in Calgary.



It seems John can do just about anything he puts his mind to: he’s certified as a personal trainer and as a holistic nutritionist, is a full-time firefighter, and shares his passion for cooking with families in difficult times at Ronald McDonald House. John is also an active member of the Big Hearted Mavericks, a group of 25 businessmen from the Calgary area who run charity events throughout the city.

In his free time, John enjoys traveling, cooking and listening to vinyl, and has a strong passion for “anything outdoors... fishing, hiking, camping, golf, beach volleyball, and mountain biking.” In March 2018, John and his wife Maggie welcomed their first child, Jack, into the world.

Special Guest Speakers, Mike and Maxwell Pozzo

In 2017, Heart & Stroke incorporated a new awareness component into its school program, Jump Rope for Heart – we decided that teaching young people the FAST signs of stroke could be a really good thing. Eight-year-old Max Pozzo proved us right. Just five days after his school held a Jump assembly with the life-saving lesson, Max’s dad, firefighter Mike Pozzo, had a stroke.

Maxwell and Mike Pozzo will share their story and we’ll hear from a Heart & Stroke researcher about why it’s so important for all Canadians to learn the signs of stroke.



Our fabulous co-emcees, Darrel Janz and David Gray!

Perhaps one of the most recognizable faces in Calgary, Darrel Janz has been a fixture on CTV for over 40 years. Now host of the weekly feature Inspired, Darrel was the trusted voice of the CTV Calgary evening news for decades. Before leaving the anchor chair in 2013, Darrel enjoyed a storied career, winning a long list of awards and honours. His most memorable assignment came in 1995 when he travelled with shoe boxes from Calgary children to give to kids in the war ravaged countries of Bosnia and Croatia.

Darrel has been a part of the Ski for Heart family for more than 25 years!



Listeners of the Calgary Eyeopener on CBC Radio One know David Gray as the voice they wake up to, and a true champion of our city.

Before joining the Radio One team, David spent years on CBC television, covering stories the world over and winning national and international awards along the way. He can now also be heard as guest host of a number of CBC programs including The Sunday Edition, Cross Country Checkup and As It Happens.

When not behind a radio microphone, David plays in local band Sweet Potato and loves to ski, especially cross-country. He and his wife Kim have two children.

